



# Blountstown

Health & Rehabilitation Center

16690 SW Chipola Road  
Blountstown, FL 32424

phone 850.674.4311

fax 850.674.3798

blountstownhealthandrehab.com

# Newsletter

## Tie-dying Beanie Hats Activity



Residents tie-dyed Beanie Hats and decorated them with iron-on patches. It was perfect for them to wear during the snow. It kept their heads warm. They really enjoyed making them. We enjoyed watching them decorate them. It was so much fun!!



## Happy Birthday

### Residents

Dorothy F.	3/21
Patricia C.	3/23
Lucy J.	3/23

### Staff

Claire B.	3/04
Charlene C.	3/07
Kaitlyn H.	3/08
Barbie A.	3/12
Shirley W.	3/14
Ziakaria W.	3/15
Deila L.	3/28

## Staff Anniversaires

Levada T. <i>Transportation</i>	2008
Sarah M. <i>Dietary Manager</i>	2014
Aadin H. <i>Maintenance</i>	2020
Morgan L. <i>Restorative CNA</i>	2021
Karen O. <i>Laundry</i>	2021
Delia L. <i>Transportation</i>	2022
Claire B. <i>RN</i>	2023
Robin F. <i>Transportation</i>	2023
Jamie W. <i>Activities</i>	2023
Roni O. <i>Occupational Therapist</i>	2024

## Welcome

Please welcome the newest employees to Blountstown Health and Rehabilitation Center

- Krynn I. *LPN*
- Tionna J. *CNA*
- La'tyra L. *CNA*
- Melissa N. *CNA*
- Koneyshia P. *CNA*
- Erika S. *LPN*



MARCH 2025



# Diabetes Alert Day: March 25

According to the CDC, over 1 in 3 Americans have prediabetes, increasing the risk of stroke, heart disease, and Type 2 diabetes.

Frequent blood sugar testing is crucial when first diagnosed, helping to track how food, activity, stress, and illness affect glucose levels. Although patterns become more predictable over time, yet lesser-known factors can still cause blood sugar spikes.

Here are six surprising things that can spike blood sugar:

- **Sunburn:** The pain causes stress, which can raise blood sugar levels.
- **Artificial Sweeteners:** Though more research is needed, some studies suggest they may increase blood sugar.
- **Coffee:** Caffeine can make some people's blood sugar more sensitive, even without sweeteners.
- **Lack of Sleep:** One night of insufficient sleep can impair insulin usage.
- **Skipping Breakfast:** Missing the morning meal can raise blood sugar later in the day.
- **Dehydration:** Less water can concentrate blood sugar levels. *Source: cdc.gov*



# Activity Professional Week was Jan 19–24th

We would like to thank all of our activity staff for doing such a great job with keeping our residents engaged. Thank you, Michelle, Allie, Jamie, and Connie (*Not pictured*) Sarah K., Sierra T. and Sarah R.



# Get Crafty during Craft Month!

Whether you already paint, knit, quilt, woodwork, or crochet, try some of these other creative projects throughout the month. Ask family and friends to join you for a fun afternoon of arts and crafts.

- **Painted Rocks:** All you need are some small flat rocks, acrylic paints, and a paintbrush. Get creative! Smiley faces. Bright, colorful doodles. Uplifting messages.
- **Handmade Greeting Cards:** Design handmade greeting cards using cardstock, markers, stickers, and other embellishments. Send them to friends and family.
- **Paper Plate Crafts:** Explore various crafts using paper plates, such as creating sun catchers, masks, or decorative wreaths.
- **Easy Origami:** Follow simple online tutorials. Folding paper into various shapes, such as cranes or boats, can be a relaxing and wonderful way to engage fine motor skills and creativity.
- **Button Magnets:** Repurpose old buttons to create charming magnets. Select colorful, discarded buttons and glue small magnets to the back.
- **Decorative Paper Flowers:** Create beautiful paper flowers using colorful construction paper. Cut out flower shapes and petals, layer them, and glue them to stems made from pipe cleaners or wooden dowels.



# Come Join Our Team of Friendly, Professional Nurses and CNA



Call Barbie @ 850-674-4311 Ext. 800 for more information.

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## Thanks Corinth Baptist Church

A big thank you to Betty R., Chance C. and Brantley B. from Corinth Baptist Church for bringing our residents goody bags for Valentine's Day. They loved all the treats.



## Thank you!

Thank you, Gracie B. and Macy B. from Blountstown High School BETA Club. It was such a great surprise for our staff. They brought Chick-Fil-A for Valentine's Day for staff. They also made homemade cards for our residents. It was so thoughtful. Our staff loves Chick-Fil-A!!!

## Valentine's Day Party

We had a great Valentine's Day Party. Residents got goody bags, balloons, strawberry short cake, ice cream, and lots of candy. They really enjoyed themselves.







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## Administrative Team

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*East Wing Manager*

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*Dietary Manager*

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*Activity Director*

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*Infection Control Nurse*

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*MDS Coordinator*

*Danae Durden Ext 829*

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*Payroll, Benefits Coordinator*

*Lydia Pfleiderer Ext 827*

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*Therapy Department Manager*

*Lauren Moore Ext 817*

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*Staff Coordinator*

*Barbie Alday Ext 800*

*staffcoord@blountstownhealthandrehab.com*

*Transportation, Medical Records*

*Rosa Jarmillo Ext 801*

*transportations@blountstownhealthandrehab.com*

*Maintenance/Housekeeping/Laundry*

*Thomas Cook Ext 815*

*maintenance@blountstownhealthandrehab.com*

**COME JOIN US**

*Now Accepting Applications for most positions.*

*Visit Our Website! Blountstownhealthandrehab.com.*

*Excellent 401K & Benefits*

*Call Barbie at 850-674-4311 Ext. 800*

*to set up an interview*

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# Tips for Better Sleep

Good sleep habits can help improve your sleep health:

**Be Consistent:** Go to bed and wake up at the same time each day, even on weekends.

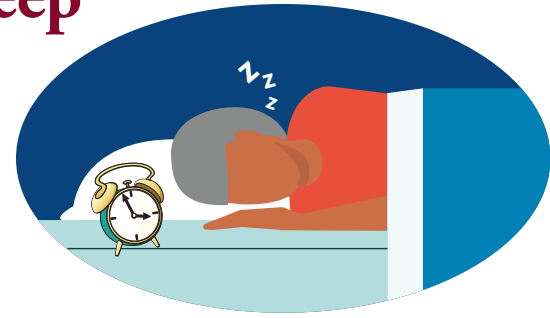
**Create a Restful Environment:**

Ensure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.

**Remove Electronics:** Keep TVs, computers, and smartphones out of the bedroom.

**Avoid Stimulants:** Stay away from large meals, caffeine, and alcohol before bedtime.

**Get Active:** Regular physical activity during the day can help you fall asleep more easily at night.



**Focus on Sleep Quality:**

In addition to getting the recommended seven or more hours of sleep (according to the CDC), sleep quality is crucial for your health. Signs of poor sleep quality include feeling unrested despite enough sleep, waking up frequently, or experiencing symptoms like snoring or gasping for air. If these occur, consider scheduling an appointment with your physician. *Source: cdc.gov*

## March – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



### Word List

- ADMIN
- APPRECIATE
- BUTTER
- COLORFUL
- CONNECT
- CRAFTS
- CRAYONS
- DIABETES
- EARS
- FAMILY
- HEARING
- PEANUT
- PRAISE
- SLEEP
- UNPLUG